

York Stars is...

“Family”

“Supportive”

“Fun Memories”

“Loving”

“Inspirational”

“Amazing!”

“Family/Caring”

~ as stated by current members and coaches

Slogan

“Caring for our athletes”

Mission

The mission of York Stars Rhythmic Gymnastics Club is to develop the mind and body of your child by practicing in a healthy and caring environment, which ensures that all can achieve their personal best.

What is Rhythmic Gymnastics (RG)?

Rhythmic Gymnastics is an olympic sport that combines elements of gymnastics, dance, acrobatics, ballet and apparatus manipulation. Gymnasts compete individually or in groups of 2 or more, manipulating one or two pieces of apparatus such as: ball, hoop, clubs, ribbon, rope or free (no apparatus).

FAQ

1. What is the uniform?
 - Hair: tight high ponytail, tight braids or bun with bangs & fly-aways clipped back
 - Clothing: black t-shirt or tank top & black leggings or shorts
 - Feet: socks (if you wish, toe shoes are also an option but not necessary)

For full-year rec (ARB) & PC programs, athletes will receive a complimentary uniform (tank top & leggings) to wear to their classes.

2. What is the gymnast-coach ratio?

For our younger groups, we aim for a ratio of 8 gymnasts to 1 coach. For PCM and FM1 between Sept-Dec, we keep a 6-1 ratio. This small class size helps keep the kids alert and focused, yet still have enough kids in the class to build friendships & make friends. For our older groups, we aim for a ratio of 8-10 gymnasts to 1 coach. Of course, all classes are monitored and if an assistant coach is required, we will add one.

3. What is the process for my child to become competitive?

Gymnasts can typically join our competitive program when they are 7+ years old . Prior to joining our competitive program, most of our athletes complete our pre-competitive novice and junior programs. Of

course, this is dependent on prior skills, how many hours of training the athlete trains per week, their love for RG & how motivated they are to learn new skills and becoming competitive themselves. At the end of each season, our coaches/admin assess each of the gymnasts to determine which program they will best fit in the coming season. Our programs are designed to help each athlete become competitive if this is their goal and is set up like stepping stones.

4. Do competitive gymnasts travel?

It is dependent on the competitive level.

- For Gifted & Interclub (beginner competitive) athletes, they remain in the GTA area.
- For Provincial athletes, competitions are held throughout Ontario. Generally, we remain in the GTA with a potential trip to Ottawa once a year. There are options to compete nationally in areas such as Vancouver, but these types of trips are not necessary for Provincial athletes.
- For National athletes, competitions are held throughout Canada. Elite Canada and National Championships can run in any province. There are also options to compete internationally in places such as Lisbon, Italy, Miami, etc. but typically, these trips are not always necessary for National athletes. Some international trips may be necessary for preparation for qualifying competitions however, such opportunities will be told to you.

5. What type of acrobatics do rhythmic gymnasts do?

Unlike artistic gymnastics, dance or acro, RG focuses on acrobatics where the athlete is always in contact with the ground with some part of their body. Our acrobatics are not in the air (flight acrobatics) such as flips and aerials.

6. What are the benefits of RG?

Most of the commonly known benefits of rhythmic gymnastics are flexibility, hand-eye coordination, balance and agility. Through the years, athletes learn many different life skills as well, such as time management, perseverance, and teamwork to list a few.

7. What happens if my child misses a class?

If you know your child will be absent for a class, please contact the office and we will arrange for a makeup class.

To qualify for a makeup class, we must receive an email or text letting us know about the absence within a week of your child missing the class. A makeup class should be booked right away. If you contact us months after the absence, unfortunately, a makeup class cannot be arranged.

Depending on your daughter's program and frequency of classes, there will be a maximum number of makeup classes allotted. For example, FM1 gymnasts receive 3 makeup classes per session. The total number can be found in our introduction letter (policies) sent to you at the start of the season.

Makeup classes are not transferred over to new sessions or seasons so any absences have to be taken in the current session/season.

8. Is there any equipment required?

- For recreational or pre-competitive gymnasts, all equipment is provided for during classes. If gymnasts wish to practice at home, items can be bought through www.shopgymnastics.ca. To ensure you purchase the correct item, please contact YS and we can help guide you.
- For Gifted & Interclub athletes, the following items are required: toe shoes, notebook, pen, rope, stretching elastic, ankle weights, knee pads. For Interclub athletes, it may be necessary to purchase either a hoop, ball, clubs or ribbon depending on age and which apparatus the athlete will be competing with.
- For Provincial and National athletes, the following items are required: toe shoes, notebook, pen, rope, ball, hoop, clubs, ribbon, stretching elastic, knee pads, ankle weights, yoga block and 2 tennis balls.
- For all competitive athletes, a suit and an undersuit will be needed, either rented or bought, for competition attire. This will be arranged mid to late October.
- Lastly, for all competitive athletes, a YS competitive jacket + tanktop is required as competition attire.

9. Can parents watch the classes?

We understand that as parents, we like to ensure our children are in the best possible environment and in a great learning atmosphere. With this exactly in mind, parents are not allowed to sit-in on the classes. When classes run without spectators, we have found an exponential increase in kids' confidence and perseverance in working towards goals themselves. They are able to develop a sense of self and they find pride in themselves when they learn a new task. Furthermore, it helps build a great trusting relationship between the students' and their coach when parents can take a step back.

But we know seeing our kids progress & learn new skills is important. We want to be excited for them when they learn new skills in class. So, approximately 2-3 times a year, we host a viewing week where the classes will be shown via video stream in our parents lobby or Zoom. There is also a performance at the end of the season at our Year End Show. This year, it will run June 21st.

Testimonials

My two girls have been with York Stars for 6-7 years since they were little girls who just loved to do cartwheels. Now as competitive rhythmic gymnasts, they benefited from the coaches who are very caring and supportive of the girls' development, not only for their athletic abilities, but also for building their characters, discipline and determination. The club also fosters friendship and support among the fellow gymnasts through fun events, year-end shows, and out-of-town competitions. I always recommend the club to my friends who want to raise confident and well-rounded girls. - *Mike Kim (from Google Reviews)*

We are so lucky to have found York Stars when we were looking to transition our daughter from dance classes to rhythmic gymnastics. The club has become like a 'family' to us. The coaches have helped bring out the confidence in our girl and we see her growing and making friendships along the way. Julia is professional yet understanding. She really gets to know the girls and their individual potential. Along

with her fellow coaches, they not only train but nurture the girls to be well-rounded athletes. We wouldn't have it any other way! :) - *Julie Romanovich (from Google Reviews)*

My 2 daughters have been with York Stars since their first year in public school, and now they are high school students! My little one has been in national level for couple years and now that her next step is to be a coach! I can say rhythmic gymnastics not only build the girls body, but also build up their personalities like grit, passion, respect, and so. York Stars have strong coach team and work very organized to maintain lower tuition! I am happy with them for many years and highly recommend to my friends! - *Vinse Wu (from Google Reviews)*